

2019 SUMMER FIGURE SKATING TRAINING CAMP



June 10-August 2, 2019
Monday-Friday - 8:30 am—3:30 pm

Thornton Park
216-491-1295



SHAKER
HEIGHTS

CITY OF SHAKER HEIGHTS | RECREATION

3301 WARRENSVILLE CENTER RD. | SHAKER HEIGHTS, OH 44122 | TEL 216.491.1295 | FAX 216.991.4219 | OHIO RELAY SERVICE 711 | WEB shakeronline.com

The Program

Purpose

The purpose of the Summer Figure Skating Training Camp offered by the City of Shaker Heights is to provide a structured and exciting training environment for figure skaters. The Summer Figure Skating Training Camp provides freestyle sessions and instructed on and off ice clinics. The Summer Figure Skating Training Camp is open to skaters age 6+. Skaters are required to have passed Basic 6.

Training Camp Hours & Supervision

Camp runs from 8:30 am-3:30 pm Monday-Friday. Skaters are supervised daily during the above hours by counselors and the camp coordinator. Skaters will be required to sign in and out every day and any skater under the age of 12 must be signed in and out by a parent or guardian. Skaters 12 and over may sign themselves in and out of camp with written permission from a parent or guardian.

Private Coach

To participate in this camp, all skaters must have a private coach for on ice lessons. If you are interested in hiring a coach, please contact Christy Cardellini Rockey at Christina.cardellini@shakeronline.com, or Thornton Park front office at 216-491-1295 for available instructors and contact information.

Lockers

Lockers are included at no additional charge for skaters who register for 20+ days of camp in advance. Any other skater may purchase a locker for the summer for \$25.

Freestyle Sessions

Multiple freestyle sessions are available throughout the day. These sessions are for skaters to practice and have lessons with their private coaches.

On & Off Ice Clinics

On-Ice clinics will focus on a different skill each day. Off-Ice clinics (Off Ice 1) will focus on ballet, yoga, strength and jumps. Complete schedule with instructors and descriptions of all clinics can be found on page 4 of this packet.

Gold & Silver Clinics and Sessions

Day	On Ice	Off Ice 1
Monday	Daria Classen	Daria Classen
Tuesday	Sherry Marvin	Barbara Fitzgerald
Wednesday	Libby Treu	Jennifer Brand
Thursday	Daria Classen	Daria Classen
Friday	Parker Pennington	Jennifer Brand

Gold freestyle sessions and clinics will be available to skaters who have passed their **Pre-Juvenile Moves In The Field**. If your skater is working on Pre-Juvenile Moves and their coach believes they are ready for Gold Clinic, please contact the Camp Director. Silver freestyle sessions and clinics will be designated for skaters who have not yet passed their Pre-Juvenile Moves In The Field. Open freestyle sessions are available to skaters of all levels.

*Subject to change based on registration numbers.

The Gold Clinic may be broken into 2 groups, gold and elite depending on registration numbers. Our goal is to meet students at their ability level and scaffold their learning to help them reach their skating goals this summer. For more information on goal setting, please see page 3.

Guided Warmups

Twice per morning a warmup will be led by a skating camp counselor. These warmups are designed based on USFSA recommended warm up exercises. These exercises focus on proper stretching and exercise techniques to prepare skaters for their freestyle sessions. Please check the appropriate box on the schedule page if your skater wishes to participate. Guided warmups are provided at no additional cost.

The Program

Lunch

Skaters may purchase a lunch for \$7. Daily lunch orders will be taken in the morning when skaters arrive. A variety of options, including healthy choices will be offered. There will be two lunch periods per day. Skaters participating in gold freestyle and clinics will eat during Lunch A and those participating in silver freestyle and clinics will eat during Lunch B. Please pack snacks and water if necessary. If your skater has any food allergies please list those on the medical form on page 8. *Pre-ordered lunches are not available to walk-on skaters.* Should walk-on skaters wish to purchase lunch they may do so in person at the snack bar.

Walk-Ons

All daily walk-on fees must be paid at front office. Skaters can purchase a punch card or pay for sessions/clinics individually. Skaters without a punch card will be required to sign in at the front office. Walk-on skaters are not eligible for guided warmups, pre-ordered lunches, swimming, STEAM or group activities. **Weekly camp schedules must be submitted at least 3 days prior, otherwise skaters will be considered walk-ons.**

Summer Goals

The skater's first week of camp, skaters will create 3 to 4 skating goals with their coaches. Skaters will work on creating a poster of their goals that they will hang in their lockers over the summer. Skaters will use their goal notebooks to help track their progress over the summer.

Weekly Themes

Each week of camp will have a theme. Crafts, games, and STEAM activities will be planned around each week's themes. The following is a list of themed weeks and an example of a few of the activities campers will be able to participate in during the week.

Week 1: Welcome to the Tundra: Campers will explore the properties of ice and will partake in crafts dealing with ice and snow. We will end the week by making snow cones!

Week 2: Is it written in the stars: Campers will explore space and what it means to be a skating super star. During STEAM, campers will explore chemical reactions and being a skating superstar.

Week 3: Around the World: Campers will learn about a skaters and competitions from a different country each day. We will be working with Alyssa Porter, Program Coordinator, to learn about art around the globe.

Week 4: America the Beautiful: Campers will learn about American symbols and create patriotic crafts. In STEAM campers will learn about travel and have to design a boat that will float. On Friday, we will have patriotic popsicles.

Week 5: Let the Games Begin: Campers will create their own games and play the games during STEAM. Students will work on team building crafts and will work on creating their own mascot.

Week 6: Under the Sea: Students will learn about ocean life and explore the properties of water during art projects and STEAM. The week will end with water balloons activities!

Week 7: Dream, Design, Create: Campers will focus on engineering and the design process. Materials will be collected throughout the summer. Campers will be able to use these materials to complete many building challenges and crafts will focus on creating a 3-D product.

Week 8: We've Got Spirit! Campers will celebrate their success this summer. Campers will create pompoms and tie-dye clothing. The week will end with an end of the year camp party.

STEAM & Group Activities

Twice per week a counselor or the camp coordinator will lead a STEAM activity and three times a week there will be an afternoon group activity. If your skater would like to participate in these activities please check the appreciate box on the schedule pages. There is no additional charge for these activities, however checking the box helps the coordinator to prepare enough materials for each activity.

During any free time in the morning, skaters may participate in weekly themed crafts and indoor games at no additional charge. In the afternoon, skaters will be able to participate in a variety of outdoor activities (weather permitting) including swimming, playing at the playground, STEAM and group activities. Skaters who choose to remain inside can participate in crafts and indoor games. Please communicate with the camp coordinator which activities you would like your skater to participate in each day.

Clinic Descriptions

On Ice Clinics

Monday - Daria Classen **New Clinic!**

School figures is a segment of our sport from which its name is derived. Join us in this clinic where we trace circular patterns on the ice to improve edges, turns, and alignment. Want to have better jumps and spins? It all starts with the blade.



Tuesday - Sherry Marvin

Sherry's clinic will focus on edge work concentrating on turn quality, proper use of the blade and jumping exercises.

Wednesday- Libby Treu **New Clinic!**

Libby's clinic will focus on building strength, power, and stamina. Exercises are designed to improve endurance for competition their programs as well as the strength required to master a wide range of skating elements.

Thursday- Daria Classen

Daria's clinic will take what your skater is learning off the ice and apply it to the ice with artistry and edges. There will also be work done in straight lines to attain difficult spin variations for your future super stars!

Friday - Parker Pennington **New Clinic!**

Parker's clinic will focus on helping your skater to build your skater's confidence in their artistic abilities, as they explore the realms of interpretive skating and Theater on Ice.

Off Ice Clinics

Monday- Yoga/Pilates- Daria Classen

Daria will be teaching a combination of Pilates, and yoga, with a dash of Jazz thrown in for fun! With a comprehensive training in these disciplines as well as Master Rating in Freestyle and Choreography Daria is able to enhance your skater's strength, flexibility, balance, and focus both on and off the ice. **Skaters are required to bring their own yoga mats for this class.**

Tuesday- Ballet- Barbara Fitzgerald

The Ballet Tech Program for Skaters is taught by PSA Master Rated Coach, Triple Gold Medalist Barbara Ann Fitzgerald, who has coached and choreographed for over 40 years working with many skaters at all levels both on and off the ice with her dance and skating background.

The Ballet Tech Program for Skaters is a necessary part of a skater's training regardless of the student's level of participation. Classes incorporate body alignment instruction, stretching exercises, proper carriage & presentation for movement and grace. A skater learns there is considerable ballet/skating application and crossover! Jumping/landing skills are included as strength on the floor equates to better performance and a polished skill level on the ice. The Ballet Tech Program for Skaters should be part of a skater's year round training.

Wednesday and Friday- Strength Training and Conditioning—Jennifer Brand

The goal for this class is to build strength to reduce/prevent injury and to gain explosiveness, improve agility and ability to transition from skill to skill quickly and also to improve lower body flexibility. Jennifer has been a Personal Trainer at the Mandel JCC in Beachwood for almost 10 years and has an athletic background in gymnastics, volleyball, tennis, and track & field. Her true passion is working with athletes to develop a proper foundation to help them grow and develop in their sport. **Tennis shoes are required for this class.**

Thursday- Dance—Daria Classen **New Clinic!**

Skating is more than jumping and spinning. It is an art form. It is dance! This year we are offering a class to incorporate different forms of dance that are used on the ice. We will explore Jazz, Lyrical, and Modern. **Be ready with Jazz shoes or ballet slippers.**

Pricing

Camp Participant Fees

Freestyle Sessions	\$10/each
On/Off Ice Clinics	\$10/each
Lunch	\$7
Locker*	\$25

*(included for skaters contracting 20+ days)

Walk-On Fees

Freestyle/Clinic Punch Card \$50 for 5 sessions and/or clinics

Individual Clinic or Freestyle \$12 each

All skaters walking on to a freestyle session or clinic without a punch card will be required to sign in at the Thornton Park front office. We recommend signing up for sessions and clinics as they are capped at 28 skaters. **Walk-ons for both on ice/off ice clinics and freestyle sessions must check in with the monitor before the beginning of class to ensure there is room available to participate in each clinic.**

Terms and Conditions

How to Register:

- Registration will open March 18th and will be on a first come, first serve basis as space is limited.
- **All registration must be done over the phone or in person at the front desk. Staff at the front desk can be reached at 216-491-1295 during the following hours:**
 - Monday– 8:30-5PM
 - Tuesday– 8:30-6PM
 - Wednesday– 8:30-6PM
 - Thursday– 8:30-6PM
 - Friday– 8:30-6PM
 - Saturday– 10:00-3:00PM
- **Complete one application per child. Incomplete applications will be returned. Make checks payable to the City of Shaker Heights and register in person at Thornton Park’s front office or over the phone by credit card.**
- ALL FEES must accompany the application if your contract total is less than \$500. If the total exceeds \$500, 50% of the contract is due at registration. Any and all balances must be paid by Friday, July 5th, 2019.
- Skaters who register for 20+ days of camp by June 3rd, will receive a one time discount of \$50.
- Lockers are included at no additional charge for skaters who register for 20+ days of camp in advance. Any other skater may purchase a locker for the summer for \$25.
- **Weekly camp schedules must be submitted at least 3 days prior, otherwise skaters will be considered walk-ons.** Walk-on skaters are not eligible for guided warmups, pre-ordered lunches, STEAM activities, group activities or swimming. **Walk-on skaters are not supervised by camp counselors and are not guaranteed a spot on a session or in clinic. Sessions and clinics will be capped at 28 people.**
- ALL daily walk-on fees must be paid at front office. Skaters can purchase a punch card or pay for sessions/clinics individually. Skaters without a punch card will be required to sign in at the front office. Thornton Park’s front office is open Monday from 8:30am-5:00pm and Tuesday-Friday 8:30am-6:00pm.
- Schedule changes once a registration form has been submitted are subject to availability. The schedule is subject to change pending registration numbers and levels.
- **There will be no special packages, rebates, substitutions or make up sessions. Transferring or switching sessions requires approval by the camp coordinator and is not guaranteed.**
- Refunds are available up to 72 hours before the first day of Summer Figure Skating Training Camp on Monday, June 10th. A refund claim form must be completed and can be obtained at the main office in Thornton Park or online at shakeronline.com. Please allow 3-4 weeks for refunds to be processed. If you choose a Recreation Department computer credit, no processing fee will be charged. **If a refund is necessary for medical reasons the request must be accompanied with a doctor’s note. The injury/illness must have a duration longer than 5 skating days.**



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2019 Summer Figure Skating Training Camp

Registration Form (All Information Required)

Please Print Neatly

Skater Name: _____

Address: _____

City: _____ Zip Code: _____

Phone: _____ E-mail: _____

Birthdate: ____ / ____ / ____ Grade (2019-20 school yr): _____

USFS #: _____ Home Club: _____

Highest Moves Level Test Passed & Date: _____

Highest Free Skate Level Test Passed & Date: _____

Highest Learn to Skate Level Passed: _____

Coach Information:

Name: _____

Phone: _____

Email : _____

Parent/Guardian Information:

Name: _____

Phone: _____

Email: _____

For Office Use Only

Locker # _____

Amount Paid: _____

Date: _____

CSR Initials: _____

Medical Form

Participant

Name: _____ Birthdate: _____ Age: _____

Street Address: _____ City/State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Business Phone: _____ Email: _____

Medical concerns or special needs (please circle)? Yes No

If yes, please explain. (Must list all allergies and any special precautions or treatments, including medication indicated for identified conditions)

EMERGENCY CONTACT INFORMATION

Parent/Guardian: _____ Relationship: _____

Street Address: _____ City/State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Business Phone: _____ Email: _____

PERMISSION TO TRANSPORT CHILD

This form authorizes the City of Shaker Heights to secure emergency transportation for a child. This form does not authorize or guarantee treatment upon arrival at the designated source of emergency medical or dental treatment, as each emergency facility sets its own treatment procedures.

I give the City of Shaker Heights permission to transport my child, _____
to _____ or to _____ for emergency
medical care, or to the facility nearest available for assistance.

Parent/Guardian Signature: _____ Date: _____



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2019 Summer Figure Skating Training Camp

Dismissal Permission Form

Please Print Neatly

I _____ give permission for my skater
_____ permission to sign him or herself in and out of
camp.

_____ Print Name

_____ Sign Name

_____ Date

WEEK 1 (June 10-14)

Welcome to the Tundra

	On Ice	M	T	W	TH	F
6:30-7:30	Open Freestyle					
7:30-8:30	Open Freestyle					
8:45-9:45	Gold Freestyle					
9:45-10:45	Open Freestyle					
11:00-12:00	Silver Freestyle					
12:00-12:30	Silver On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
12:30-1:00	Gold On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
1:15-2:15	Open Freestyle					
2:15-3:15	Open Freestyle					

	Off Ice	M	T	W	TH	F
8:15-8:35	Guided Warmup					
9:15-9:35	Guided Warmup					
10:00-10:45	Silver Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:00-11:45	Gold Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:45-12:20	Lunch A					
12:30-1:05	Lunch B					
2:30-3:30	STEAM or Group Activity	Activity	STEAM	Activity	STEAM	Activity

Total Freestyle Sessions _____ @ \$10 each

Total On/Off Ice Clinics _____ @ \$10 each

Total Lunches _____ @ \$7 each

WEEK 2 (June 17-21)

Is it Written in the Stars

	On Ice	M	T	W	TH	F
6:30-7:30	Open Freestyle					
7:30-8:30	Open Freestyle					
8:45-9:45	Gold Freestyle					
9:45-10:45	Open Freestyle					
11:00-12:00	Silver Freestyle					
12:00-12:30	Silver On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
12:30-1:00	Gold On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
1:15-2:15	Open Freestyle					
2:15-3:15	Open Freestyle					

	Off Ice	M	T	W	TH	F
8:15-8:35	Guided Warmup					
9:15-9:35	Guided Warmup					
10:00-10:45	Silver Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:00-11:45	Gold Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:45-12:20	Lunch A					
12:30-1:05	Lunch B					
2:30-3:30	STEAM or Group Activity	Activity	STEAM	Activity	STEAM	Activity

Total Freestyle Sessions _____ @ \$10 each

Total On/Off Ice Clinics _____ @ \$10 each

Total Lunches _____ @ \$7 each

WEEK 3 (June 24-28)

Around the World

	On Ice	M	T	W	TH	F
6:30-7:30	Open Freestyle					
7:30-8:30	Open Freestyle					
8:45-9:45	Gold Freestyle					
9:45-10:45	Open Freestyle					
11:00-12:00	Silver Freestyle					
12:00-12:30	Silver On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
12:30-1:00	Gold On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
1:15-2:15	Open Freestyle					
2:15-3:15	Open Freestyle					

	Off Ice	M	T	W	TH	F
8:15-8:35	Guided Warmup					
9:15-9:35	Guided Warmup					
10:00-10:45	Silver Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:00-11:45	Gold Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:45-12:20	Lunch A					
12:30-1:05	Lunch B					
2:30-3:30	STEAM or Group Activity	Activity	STEAM	Activity	STEAM	Activity

Total Freestyle Sessions _____ @ \$10 each

Total On/Off Ice Clinics _____ @ \$10 each

Total Lunches _____ @ \$7 each

WEEK 4 (July 1-5)

America the Beautiful

	On Ice	M	T	W	TH	F
6:30-7:30	Open Freestyle					
7:30-8:30	Open Freestyle					
8:45-9:45	Gold Freestyle					
9:45-10:45	Open Freestyle					
11:00-12:00	Silver Freestyle					
12:00-12:30	Silver On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu		Parker Pennington
12:30-1:00	Gold On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu		Parker Pennington
1:15-2:15	Open Freestyle					
2:15-3:15	Open Freestyle					

	Off Ice	M	T	W	TH	F
8:15-8:35	Guided Warmup					
9:15-9:35	Guided Warmup					
10:00-10:45	Silver Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand		Jennifer Brand
11:00-11:45	Gold Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand		Jennifer Brand
11:45-12:20	Lunch A					
12:30-1:05	Lunch B					
2:30-3:30	STEAM or Group Activity	Activity	STEAM	Activity		Activity

Total Freestyle Sessions _____ @ \$10 each

Total On/Off Ice Clinics _____ @ \$10 each

Total Lunches _____ @ \$7 each

WEEK 5 (July 8-12)

Let the Games Begin

	On Ice	M	T	W	TH	F
6:30-7:30	Open Freestyle					
7:30-8:30	Open Freestyle					
8:45-9:45	Gold Freestyle					
9:45-10:45	Open Freestyle					
11:00-12:00	Silver Freestyle					
12:00-12:30	Silver On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
12:30-1:00	Gold On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
1:15-2:15	Open Freestyle					
2:15-3:15	Open Freestyle					

	Off Ice	M	T	W	TH	F
8:15-8:35	Guided Warmup					
9:15-9:35	Guided Warmup					
10:00-10:45	Silver Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:00-11:45	Gold Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:45-12:20	Lunch A					
12:30-1:05	Lunch B					
2:30-3:30	STEAM or Group Activity	Activity	STEAM	Activity	STEAM	Activity

Total Freestyle Sessions _____ @ \$10 each

Total On/Off Ice Clinics _____ @ \$10 each

Total Lunches _____ @ \$7 each

WEEK 6 (July 15-19)

Under the Sea

	On Ice	M	T	W	TH	F
6:30-7:30	Open Freestyle					
7:30-8:30	Open Freestyle					
8:45-9:45	Gold Freestyle					
9:45-10:45	Open Freestyle					
11:00-12:00	Silver Freestyle					
12:00-12:30	Silver On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
12:30-1:00	Gold On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
1:15-2:15	Open Freestyle					
2:15-3:15	Open Freestyle					

	Off Ice	M	T	W	TH	F
8:15-8:35	Guided Warmup					
9:15-9:35	Guided Warmup					
10:00-10:45	Silver Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:00-11:45	Gold Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:45-12:20	Lunch A					
12:30-1:05	Lunch B					
2:30-3:30	STEAM or Group Activity	Activity	STEAM	Activity	STEAM	Activity

Total Freestyle Sessions _____ @ \$10 each

Total On/Off Ice Clinics _____ @ \$10 each

Total Lunches _____ @ \$7 each

WEEK 7 (July 22-26)

Dream, Design, Create

	On Ice	M	T	W	TH	F
6:30-7:30	Open Freestyle					
7:30-8:30	Open Freestyle					
8:45-9:45	Gold Freestyle					
9:45-10:45	Open Freestyle					
11:00-12:00	Silver Freestyle					
12:00-12:30	Silver On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
12:30-1:00	Gold On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
1:15-2:15	Open Freestyle					
2:15-3:15	Open Freestyle					

	Off Ice	M	T	W	TH	F
8:15-8:35	Guided Warmup					
9:15-9:35	Guided Warmup					
10:00-10:45	Silver Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:00-11:45	Gold Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:45-12:20	Lunch A					
12:30-1:05	Lunch B					
2:30-3:30	STEAM or Group Activity	Activity	STEAM	Activity	STEAM	Activity

Total Freestyle Sessions _____ @ \$10 each

Total On/Off Ice Clinics _____ @ \$10 each

Total Lunches _____ @ \$7 each

WEEK 8 (July 29-August 2)

We've Got Spirit

	On Ice	M	T	W	TH	F
6:30-7:30	Open Freestyle					
7:30-8:30	Open Freestyle					
8:45-9:45	Gold Freestyle					
9:45-10:45	Open Freestyle					
11:00-12:00	Silver Freestyle					
12:00-12:30	Silver On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
12:30-1:00	Gold On Ice Clinic	Daria Classen	Sherry Marvin	Libby Treu	Daria Classen	Parker Pennington
1:15-2:15	Open Freestyle					
2:15-3:15	Open Freestyle					

	Off Ice	M	T	W	TH	F
8:15-8:35	Guided Warmup					
9:15-9:35	Guided Warmup					
10:00-10:45	Silver Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:00-11:45	Gold Off Ice	Daria Classen	Barbara Fitzgerald	Jennifer Brand	Daria Classen	Jennifer Brand
11:45-12:20	Lunch A					
12:30-1:05	Lunch B					
2:30-3:30	STEAM or Group Activity	Activity	STEAM	Activity	STEAM	Activity

Total Freestyle Sessions _____ @ \$10 each

Total On/Off Ice Clinics _____ @ \$10 each

Total Lunches _____ @ \$7 each

SILVER LEVEL SAMPLE SCHEDULE

SEE PAGE 2 FOR SILVER LEVEL DESCRIPTION

	On Ice	M	T	W	TH	F
6:30-7:30	Open Freestyle					
7:30-8:30	Open Freestyle					
8:45-9:45	Gold Freestyle					
9:45-10:45	Open Freestyle					
11:00-12:00	Silver Freestyle	X	X	X	X	X
12:00-12:30	Silver On Ice Clinic	X	X	X	X	X
12:30-1:00	Gold On Ice Clinic					
1:15-2:15	Open Freestyle		X		X	
2:15-3:15	Open Freestyle					

	Off Ice	M	T	W	TH	F
8:15-8:35	Guided Warmup					
9:15-9:35	Guided Warmup	X	X	X	X	X
10:00-10:45	Silver Off Ice	X	X	X	X	X
11:00-11:45	Gold Off Ice					
11:45-12:20	Lunch A	X	X	X	X	X
12:30-1:05	Lunch B					
2:30-3:30	STEAM or Group Activity	X	X	X	X	X

Total Freestyle Sessions 7 @ \$10 each

Total On/Off Ice Clinics 10 @ \$10 each

Total Lunches 5 @ \$7 each

GOLD LEVEL SAMPLE SCHEDULE

SEE PAGE 2 FOR GOLD LEVEL DESCRIPTION

	On Ice	M	T	W	TH	F
6:30-7:30	Open Freestyle					
7:30-8:30	Open Freestyle		X			
8:45-9:45	Gold Freestyle	X	X	X		X
9:45-10:45	Open Freestyle	X		X	X	X
11:00-12:00	Silver Freestyle					
12:00-12:30	Silver On Ice Clinic					
12:30-1:00	Gold On Ice Clinic	X	X	X	X	X
1:15-2:15	Open Freestyle				X	
2:15:3:15	Open Freestyle					

	Off Ice	M	T	W	TH	F
8:15-8:35	Guided Warmup	X		X		X
9:15-9:35	Guided Warmup				X	
10:00-10:45	Silver Off Ice					
11:00-11:45	Gold Off Ice	X	X	X	X	X
11:45-12:20	Lunch A					
12:30-1:05	Lunch B	X	X	X	X	X
2:30-3:30	STEAM or Group Activity	X	X	X	X	X

Total Freestyle Sessions 10 @ \$10 each

Total On/Off Ice Clinics 10 @ \$10 each

Total Lunches 5 @ \$7 each

Week	# of Freestyle Sessions	Cost of Freestyle Sessions (\$10 each)	# of On & Off Ice Clinics	Cost of On & Off Ice Clinics (\$10 each)	# of Lunches	Cost of Lunches (\$7 each)	Weekly Total
1							
2							
3							
4							
5							
6							
7							
8							
TOTALS							

Additional Fees & Discounts

	Yes	No
I qualify for a free locker*	<input type="checkbox"/>	<input type="checkbox"/>
I will purchase a locker for \$25	<input type="checkbox"/>	<input type="checkbox"/>
I qualify for a \$50 off my total~	<input type="checkbox"/>	<input type="checkbox"/>

*Skaters contracting 20+ days qualify for a free locker

~ Skaters contracting 20+ days before June 3rd, 2019 qualify for \$50 off their total

Updated TOTAL

Other Summer Ice Skating and Hockey Programs

Summer Learn To Skate

Classes are 30 minutes in length and meet weekly for seven weeks.

Location: Thornton Park Ice Arena

Instructor: Learn to Skate staff

SNOWPLOW SAM 1-4, BASIC 6, PRE-FREESTYLE & FREESTYLE

Date & Time: Tuesdays, June 18-July 30 | 5:30-6 pm

Fees: \$70 SH RES / \$90 NRES

BASIC 1-5

Date & Time: Tuesdays, June 18-July 30 | 6-6:30 pm

Fees: \$70 SH RES / \$90 NRES

City Freestyle Sessions

Thornton Park offers City-sponsored freestyle sessions M-F. Skaters practice jumps, spins, choreography and often take private lessons in these sessions. Skaters pay ice fee to rink and lesson fees directly to coaches.

Date & Time: M-F, June 10-Aug 2 | 3:30-5:15 pm

Fees: \$10 SH RES / \$13 NRES

Glide and Slide Camp

Ages 5+. Enjoy this camp which includes group skating lessons as well as open skating for practice and open swimming for splashing. See the 2019 Spring/summer brochure or front desk for more details.

Location: Thornton Park Ice Arena

Instructor: Learn to Skate staff

Date & Time: M-F, Aug 5-9 | 9:30 am – 12 pm

Fees: \$125 SH RES / \$145 NRES

Date & Time: M-F, Aug 5-9 | 9:30 am – 3:30 pm

Hockey Camp

Location: Thornton Park Ice Arena

Instructor: Michael Berg

Mites and Squirts

Date & Time: M-F, Aug 12-16 | 9am – 5pm

Fees: \$399

Pee Wees and Batman

Date & Time: M-F, Aug 12-16 | 6—8:30 pm

Fees: TBD

Please contact Christy Cardellini Rockey at Christina.cardellini@shakeronline.com or 216-295-3461 for more information.



SHAKER
HEIGHTS

CITY OF SHAKER HEIGHTS | RECREATION

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